

The Arizona BEEHIVE

November – December 2019 • Vol 45 • No 6 • Est 1975

Serving Arizona Members of
The Church of Jesus Christ
of Latter-day Saints

'Tis the Season

Enjoying Christmas lights at the
Washington, D.C. Temple visitor's center.

Photo by The Church of Jesus Christ of Latter-day Saints

THE FORGOTTEN CAROLS

Michael McLean Reimagines
His Holiday Hit

By Merry Gordon

“Look, Charlie, let’s face it. We all know that Christmas is a big commercial racket,” says the Peanuts’ Lucy Van Pelt in *A Charlie Brown Christmas*.

‘Tis the season indeed. And when the same saccharine, pop-tacular Christmas carols assault shoppers

from every mall speaker and car radio, it’s easy to agree with that sentiment. But Latter-day Saint performer, songwriter and playwright Michael McLean’s *The Forgotten Carols* reminds us that there are songs and stories we haven’t heard.

McLean is always ready for the

season—“I put the tree up on Labor Day!”—and ready for a fresh take on his beloved musical.

He acknowledges that Christmas stories can feel a little “emotionally manipulative,” as he puts it, “but the Spirit is way beyond that.” Rather than merely retelling the Christmas narra-

tive or focusing on the commercial pleasures of the season, *The Forgotten Carols* focuses on both the Holy Spirit and the spirit of Christmas and “gives us a chance to see how we choose Him.”

Continued on pg. 3

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CONCERT SERIES



CLAIRE & THE CROSBYS w/ MARK CORDES: THE WIFE WHISPERER

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FEB 13 SUPERSTITION VIEWS

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JAN 30 SUNFLOWER

JAN 31 VALLE DEL ORO

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FEB 18 MONTESA

FEB 19 SUNLIFE

FEB 20 FORTUNA DE ORO

FEB 21 SUNFLOWER

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APR 8 VAL VISTA VILLAGES

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4:00 P.M. & 7:30 P.M.

TICKETS: Cal-Am.com/Concerts



Photo by Danno Nell

The Forgotten Carols has morphed from what was essentially a one-man show to a full musical production.

The Forgotten Carols Continued from pg. 1

McLean does this through songs that highlight lesser-known characters in the nativity story: the innkeeper who turned away the holy family that night, or the shepherd who overslept the angel's proclamation.

Conceptualized as a Christmas album of loosely related songs during a whirlwind of composition in 1991,

The Forgotten Carols quickly took on a life of its own as McLean devised a narrative to connect them all. A story about a nurse, Connie Lou, and her elderly patient, Uncle John (who claims to be over 2,000 years old), served as the vehicle to link the songs, creating a narrative arc in Connie Lou's transition from hollowness to hope as Uncle John recounts the nativity story. Originally, McLean took on all the parts himself

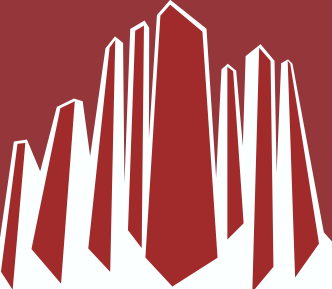
as a way to show people how to use the play in their homes and families. The production became a runaway hit, so popular that McLean couldn't keep it up as a one-man performance.

Such success is not lost on McLean. "I sold a million tickets to see a guy who can't act and sing, act and sing," he quips.

By 2006, *The Forgotten Carols* had morphed into a full-fledged mu-

sical. Changes and additions have always been part of the process; in fact, McLean added a new carol, "12/25 (365)" just two years ago. In the show, a decoration is added to a tree with each carol, and for the new song, McLean designed a special ornament to support the Warm Hearts Campaign, an organization that provides winter

Continued on pg. 6



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WHAT'S THE BUZZ?

'Tis noble of man to work and to give ...

'Tis the season, indeed. The "season" of what, you may ask? For many this is the season of stress. Shopping for gifts, planning family and work gatherings, keeping kids entertained while they enjoy a long winter break. Is there enough money for gifts? Did we save enough or will we use credit to fund Christmas this year? "Why am I not feeling the Christmas spirit?"

For others it is the season of receiving. What am I going to get for Christmas? Will I receive a Christmas bonus from work? Will the Christmas program and ward dinner fill me spiritually? (And physically!?)

For all, it is intended to be a season of wonder. The youngster on this issue's cover exudes the joy that comes from all that is marvelous about the season. Looking up, he takes in all that is holy and bright and beautiful about this time of year. All of which centers on He who is called "Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace!" Even, Jesus Christ.

And just as the Savior gave of Himself for us, this season of giving generates the wonder and peace, the "Christmas spirit" we seek. Giving is the anti-stress and worry elixir.

I had the opportunity to attend the recent Gilbert Arizona Welfare and Self-Reliance Facility dedication. Presiding Bishop Gerald Causse dedicated the facility to God, and to those that it will serve. This building and those that work there are called to serve by giving.

While speaking at the event, Bishop Causse pointed to words Joseph Smith spoke as he organized the Relief Society. Joseph exclaimed that this new organization, with ample resources at hand "will fly to the relief of the stranger; they will pour in oil and wine to the wounded heart of the distressed; they will dry up the tears of the orphan and make the widow's heart to rejoice." Then Joseph promised that if the women of this new institution lived up to their privileges, "the angels cannot be restrained from being your associates." The same is promised to us as we fly to those in need, in this season of giving.

May you enjoy this season of giving...

Michael O'Brien
Publisher



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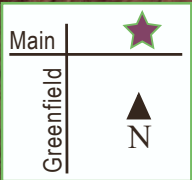
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Michael McLean and the choir of *The Forgotten Carols*.

Photo by Danno Nell



Photo by Danno Nell

The show centers on the character of Connie Lou, a nurse who cares for the elderly Uncle John.

The Forgotten Carols Continued from pg. 3

necessities to Utah's homeless youth.

In 2019, the production has changed again.

"It wasn't broken, McLean, so why would you fix it?" he says, but for him the production's changes felt organic, a natural progression of the original tale—and they were inspired by a potential move to the big screen.

"For years, I've wanted to make a movie," he says, joking that he's got Emily Blunt and Anthony Hopkins tapped for the leads already. Scott McLean, McLean's son and a graduate of the American Academy of Dramatic Arts, wrote feverishly with his father to ready a screenplay by May for possible investors. It was with movie discussions still in the works that McLean realized he wanted to reinvent the stage production as well.

"I've been telling this story for 28 years, but there's never been a reimagining of the story so radical. I don't know how it's possible to tell the story so differently and have it feel so familiar, but that's what's happening," he says.

The beating heart of the production is still its focus on Christ, and its characters feel relatable and true, from Joseph, who shares misgivings about raising his divine Son, to Connie Lou, whose personal trials and work have long since sapped her spirit.

Still, McLean felt that the characters have been "pretty two-dimensional"—up until now. "These characters have given me so much. I never get tired. Every night I learn something," says McLean of the recent revisions. "From that standpoint it's terribly exciting. I feel like everybody's richer,

everybody's deeper."

The new production maintains "everything people love," McLean says, but now "in everything I wanted *The Forgotten Carols* to represent, this particular production delivers it more richly than I was capable of doing it years ago. I've got to tell the story this way."

"I didn't think it was possible to use the same characters and the same songs and feel suddenly so much deeper. But that's actually what my experience has been learning the gospel," McLean says, tying his production to deeper meanings in his life.

And for him, that's a perspective which has come with time and trial. "I could not have done this 5 years ago," he reflects. "Last year, I got so sick I was in the hospital and I nearly died.

When you face the Grim Reaper, you start to say *wait a minute, why am I still here? Is there something I'm supposed to do?*"

The answer was a resounding yes. Drawing from his near-death experience and a past faith crisis, McLean's reimagined musical can better speak to people who may feel spiritually forsaken. Years ago, McLean's own father helped him to reevaluate his understanding of the Atonement, and what it means to be "abandoned" by God, a perspective that's helped him to reinvent his familiar, well-loved characters.

"Could it be that the greatest intelligence ever put all of His faith in His Son, knowing that He would make the choice to do His Father's will when His Father abandoned Him?" McLean's father asked. "And could it be at the moment that you think you have been abandoned, that the greatest intelligence in the universe is witnessing that He has faith in you?"

McLean plumbs characters' backstories for that level of emotional honesty and depth. "You have to endure that complexity," he says of both his own trials and those of his characters. "Through these 28 years, my lifeline has been to tell this story. Now in the telling of the story this way, I feel it's healing a part of me that was damaged and has been restored. I'm reminding myself more than ever what the Good News is."

If you go . . . *The Forgotten Carols* is playing at ASU's Gammage Auditorium in Tempe on Friday, December 13th. Tickets range from \$12 - \$36.50 and can be purchased at the door or by visiting the production's website: <https://www.forgottencarols.com/>

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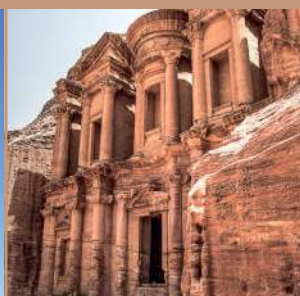
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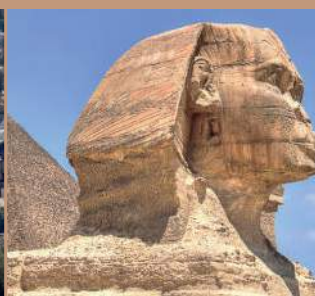
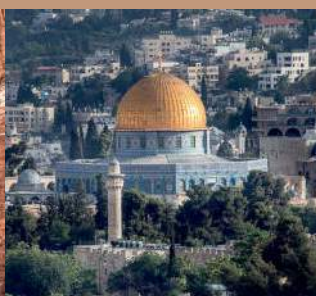
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The East Phoenix Valley is replete with LDS pioneer heritage. The names of pioneer families adorn our streets, buildings and schools.

We often casually pass by a geographic location without considering the history of the family for which the location was named, or why the family name was used. The inquiring minds of Arizona Beehive readers want to know!

In each issue we now present the history of one "famous" Mormon family name. We hope you enjoy learning about these families, and encourage you to reach out to The Arizona Beehive with ideas for families to feature in the series.

By Emily Jex Boyle

The Crismon Family

A Curve in the Road

Sometimes, history stands and stares at you in the face. Monuments command your attention saying, "Remember me." Other times, history whispers from the dust. For the Crismon family in Mesa, history whispers from a curve in the road.

Born in Kentucky in 1807, Charles Crismon, Sr., is one of four men recognized as a founding father of the Mesa settlement.

As a grown man, Charles joined the Church of Jesus Christ of Latter-day Saints. His parents didn't approve. As a result, he changed his name from Christman to Crismon. Charles' wife, Mary Hill, also called Polly, also did not share Charles' sentiment towards this new religion until years later.

Anywhere the Crismon family went, their entrepreneurial spirit seemed a Midas touch in businesses such as milling, freighting, sheepherding, mining, and farming. Charles built the first grist mill in the Salt Lake Valley in 1847. When gold was discovered in California, he took his family and, according to his



Photo courtesy of Charles H. Crismon

Front porch of the Crismon homestead.

daughter, harvested \$100 a day from the American River. Charles even hired Wyatt Earp in his freight business. Later, Charles, Sr., George Sirrine, Charles'

son-in-law, and Isaac Williams secured and developed land in the San Bernardino Valley.

Based on his accomplishments, Charles and his family didn't seem to shy away from risks, starting over and traversing the road less traveled.

Called by the prophet Brigham Young, Charles

Crismon, Sr., turned 70 years old on Christmas Day en route to resettle in Arizona. Upon his arrival, he secured a desirable area for his family to begin farming near ancient canals. Despite naysayers, Crismon and others would overcome obstacles to bring water to the mesa.

East of Gilbert and McDowell, the homestead was built in the late 19th century. The farm remained in the family for three generations. Not a decade after its construction, the Crismons installed indoor plumbing. The farm peaked nearly 60 years ago, diminishing to four acres in 2006.

Almost twenty years ago, Charles H. Crismon, great-grandson of Charles Crismon, Sr., sold the farm to Mesa for \$244,504, with a verbal assurance that the homestead would be turned into a hub for a trail network being developed near the farm.

As ADOT drew a path for the 202 freeway in northern Mesa, the Crismons applied and received a historical exception. The freeway's path curved around the property. Despite its ties to Mesa's history and promises to memorialize the area, the homestead was demolished nearly fifteen years ago.

The large swath of lilies of the Nile along the front porch are gone. The porch is gone, too. The citrus and pomegranate trees are gone. Occasional hoodlums no longer frequent the watermelon patch. All that remains are memories, a dormant hope for a promise kept and a distinct curve in the road.

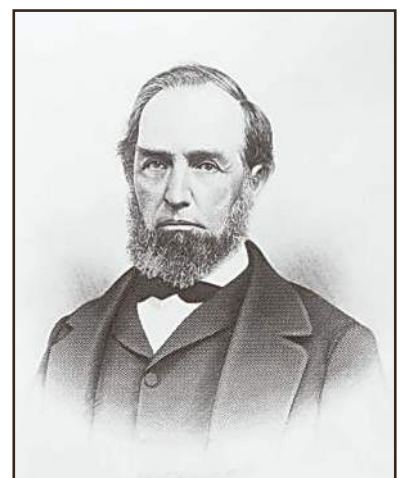


Photo courtesy of Charles H. Crismon

Determined to restore ancient canals, Charles Crismon was determined to bring water to the Mesa settlement.

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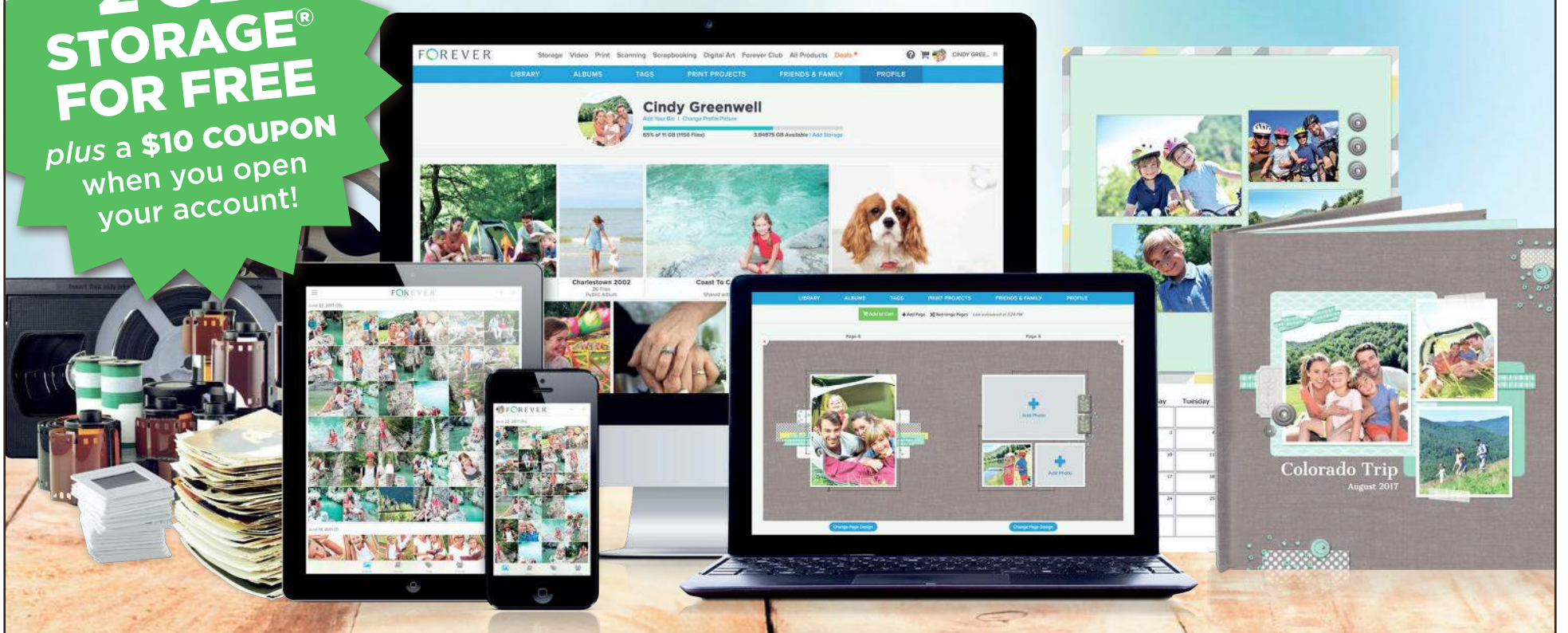
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CHANGES AT THE OCTOBER 2019 GENERAL CONFERENCE

This was a momentous general conference with lots of exciting changes to help the Church move forward. Below is a list of seven major changes that were announced.

- 1** Policy about witnesses to ordinances. (*Russell M. Nelson, Oct. 2, General Conference Leadership Meeting, also see First Presidency letter*)
- 2** “Gender” in The Family: A Proclamation to the World refers to “biological sex at birth.” (*Dallin H. Oaks, Oct. 2, General Conference Leadership Meeting*)
- 3** Adjustment of Aaronic Priesthood and Young Women curriculum topics to align with Come, Follow Me. (*Saturday morning session, Stephen W. Owen*)
- 4** Adjustments in Aaronic Priesthood and Young Women Organizations (*Saturday afternoon session, Elder Quentin L. Cook and General Women’s Session, Sister Bonnie H. Cordon*):
 - The bishopric will be assisted by Aaronic Priesthood (AP) quorum advisers and Young Women (YW) leaders.
 - The Young Women president reports directly to the bishop.
- Young Women president strives to lift the load of the bishop, where appropriate by helping young women regarding issues that do not require the bishop’s keys as a common judge and that do not involve abuse.
- Youth quorum and class presidencies plan and conduct Sunday meetings, service projects, and other activities.
- The bishopric youth committee is now the ward youth council. The only adults who attend this council is the bishopric and the Young Women president.
- Activities for youth are no longer called “Mutual.” Now called “Young Women activities,” “Aaronic Priesthood quorum activities,” or “youth activities.”
- The budget for youth activities divided between the young men and young women with equal proportions, according to the number of youth in each organization. The budget for Primary activities divided between the boys and girls with equal proportions, according to the number of children.
- The Young Women Theme has been revised.
- The Young Women class names Beehive, Mia Maid, and Laurel will no longer be used. Classes will be named “Young Women,” and then the ages of young women in the class, such as “Young Women 12–14,” “Young Women 15–18,” or “Young Women,” if all meet together.
- Young women progress between classes as age-groups at the beginning of January in the year they turn the age of the next class. Each Young Women class should have one adviser.
- YW/AP Specialists may be called to assist the presidency and advisers, in either long-term roles or to assist with a particular event such as a camp or youth conference.
- The callings of Young Men president, counselors in the Young Men presidency, and Young Men secretary discontinued at the ward level. Each AP quorum should have one adviser.
- A member of the high council serves as stake Young Men president. His counselors can be the high councilor assigned to Young Women and the high councilor assigned to Primary. A stake Young Men secretary is called from the stake.
- The stake Young Men presidency serves on the stake Aaronic Priesthood – Young Women committee with the stake Young Women presidency, the high councilor assigned to YW, and the high councilor assigned to Primary.
- 5** A member of the high council will now serve as the stake Sunday School President and may serve with or without counselors and a secretary. He may serve on the stake Aaronic Priesthood–Young Women committee.
- 6** At the general, stake, and ward levels, Relief Society, Young Women, Young Men, Primary, and Sunday School will be referred to as “organizations” rather than “auxiliaries.” Leaders will be referred to as “General Officers,” “stake officers,” and “ward officers.”
- 7** Updates to temple recommend interview questions. Temple standards stay the same, but some of the questions were reworded to be clearer.



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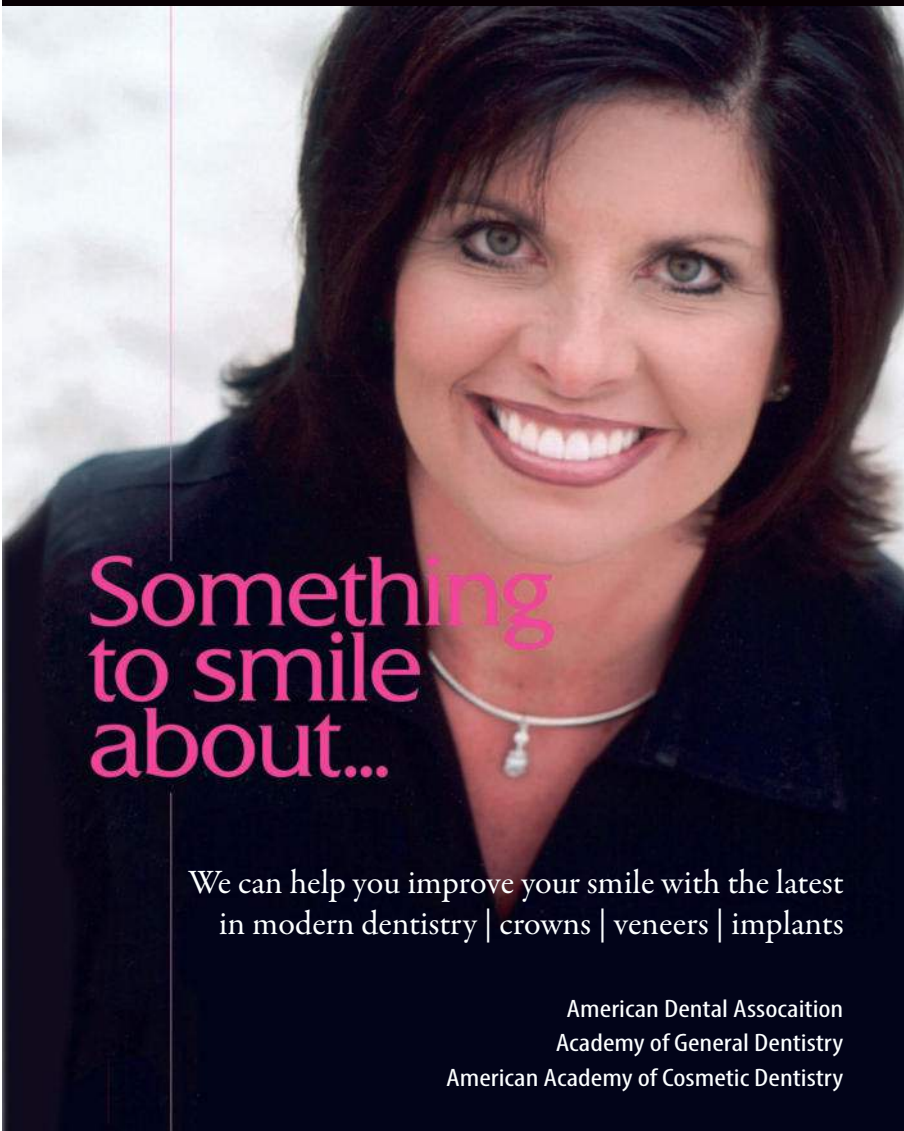
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A Guide To Utilizing Coffee Shop Gift Cards

With the recent clarifications on the Word of Wisdom published on The Church of Jesus Christ of Latter-day Saints website churchofjesuschrist.org dated 15 August 2019, the official Church document states that "Church leaders have clarified that several substances are prohibited by the Word of Wisdom, including . . . green tea, and coffee-based products." For those who have been enjoying these products at places like Starbucks® or other coffee shops or even at home this is a bit of a shift.

What makes it more of a struggle for those who earnestly seek to follow the Word of Wisdom is the holiday season, when gift cards to such establishments can cause more than a little stress. Several people interviewed stated they usually regift those items since it is the easiest choice, due to the uncertainty of any Word of Wisdom-friendly menu items.

Utilizing gift cards or rewards points while continuing to live the Word of Wisdom can be tricky with



Photo by Karelyn Goins

A little online research can prove to be most helpful in determining the best way to utilize gift cards.

things like seasonal changes in the menu, hidden pitfalls such as coffee derivatives and extracts, as well as a general lack of clarity on a few of the ingredients lists for certain menu items—specifically, the Vanilla Crème Steamer. The fact that certain drinks, when ordered in a specific way, *can* comply with the Word of Wisdom is even more confusing.

The good news is that the Starbucks® website clearly states most of

the ingredients for their menu items. While Starbucks® is known mainly for its coffee beverages, it actually has quite a large food menu. Most of this menu is free of coffee, tea, or caffeinated items, although there are a few clearly marked coffee-rich treats.

Be aware that there are a few enigmas in the "safe zone" to watch out for. One is the enigmatic "mocha sauce." Any research on this proved to be fruitless in determining exactly what the "natural flavors" mentioned on the ingredients list are derived from. The other mystery menu item is the aforementioned Vanilla Crème Steamer. When asked, Sarah the barista clarified that the Vanilla Crème Steamer is "made with milk and vanilla flavor."

Navigating the beverages side of the menu is where it tends to get the most confusing, and doing so definitely requires some research as well as more attention to detail. If ordering straight off the menu, stick to herbal teas, hot or iced, hot chocolates, hot juice, steamers, and of course milk, cold juice, and water. These are essentially the Word of



Photo by Karelyn Goins

Lemonade with strawberries and blackberries—shaken, not stirred—Caramel Apple Steamer, and a chocolate croissant are all Word of Wisdom compliant choices purchased from the very helpful and friendly baristas.

Wisdom-friendly beverages. Hot juice may not sound all that appetizing, but having steamed apple juice flavored with cinnamon, caramel, and topped with whipped cream might cause one to rethink that opinion.

Whether through research, experimentation, or asking the barista, those gift cards will be used in no time this holiday season.

There are three things you need to know about Judy Krause, septuagenarian, dedicated member of the Church of Jesus Christ of Latter-day Saints, and co-owner of Slices on Mill.

"I'm 24—that's the age of an entrepreneur," she says, eyes twinkling. "I have the knees of a healthy, athletic 15-year-old girl." But on the last point, she grows serious. "And I'm a happy person because I have God."

She wields a cane these days. "It's a bodacious cane," she asserts, "because I'm high fashion"—but age has not slowed her down. Krause attributes that to her faith and her attitude: "Your attitude is your life."

Krause would know. She's needed faith and attitude to get her through a rough past. Now at the top of her game when most people her age are settling into their golden years, Krause invests

her energy in running a successful pizza joint.

Krause flourished once she was able to put her past behind her. "I've learned to trust God

SLICES ON MILL SERVES UP PIZZA & PERSONALITY

completely," she says, "and He has never let me down."

After years as a bookkeeper for Slices on Mill's predecessor (among other businesses) Krause and another Slices employee, Nate Cruz, jumped at the opportunity to buy the Mill Avenue Slices Pizza Joint location. Twenty years of business in a highly trafficked area near ASU had run the place down, so the duo painted and added new

flooring, fixtures and decor. They reopened as Slices on Mill in March of 2019—and business is booming.

"It better be!" Krause laughs. "This is my retirement plan."

Krause's partner, Nate Cruz, is thirty years her junior and "the best partner I could hope for," she says. "He treats me like his mother, and I treat him like my son."

Krause manages the legal and bookkeeping aspects and Cruz runs the day-to-day. Krause has a special shirt that details exactly what she's allowed to do inside the restaurant: "Creamy Ranch Lady."

"Inside the restaurant, I'm only allowed to fill those ranch cups," Krause jokes. "That, and I count the money." This doesn't bother Krause, who has a staff of great employees.

Slices on Mill offers East Coast-style pizzas with a variety of toppings, calzones, and a recent Friday night-only addition, lobster rolls. Bestsellers lean traditional (cheese and pepperoni). Personally, Krause recommends the potato and bacon pizza, but she stands by all her slices.

"It's the crust," she says. "It's a bread dough. The crust is fantastic, and we only use Roma cheese."

Slices on Mill offers great deals for



Photo by Angelica VanAuken

Judy Krause and Nate Cruz pose with a pizza at Slices on Mill.

ASU students and faculty—a \$6.99 2 slice and drink combo—and they are regular features at tailgate parties.

When she's not running her business, Krause indulges in her other passion: sports cars. "I'm a muscle car girl," she says. Her husband of 30 years is a mechanic, and Krause knows her way around a car, too. She points out the window at a cherry red Mustang: "That's Roxy, the Little Red Hottie!"

Does Krause have any intention of slowing down in her old age?

"I'm 24," she reminds me with a wink. "And I can't. I've got football season!"

Visit Slices on Mill in Tempe at 11 E 6th St #102, or order from DoorDash, Grubhub or Uber Eats.



Photo by Angelica VanAuken

Judy Krause, co-owner of Slices on Mill.

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Lobby Performers

Holiday Music at the Mesa Main Post Office

By Emily Jex Boyle

Before we know it, Christmas will be here with its sights, smells and sounds. What will your Christmas season look like? Perhaps you'll take a drive around the town to admire colorful lights shining in the dark, cool Arizona evenings. Maybe you'll cook some warm gingerbread or sugar cookies and decorate them with your grandchildren. Perhaps during the season, you'll enjoy a Christmas concert to hear familiar carols play. Planning to make at least one trip to the post office to mail a card or a package to a loved one far away?

For years, the Mesa Main Post Office, located at 135 N Center Street, has made it possible for the community to enjoy the last two on the list simultaneously. While customers wait, local musicians volunteer to perform concerts free of charge. Linda Kay Hartmann, who arranges the concerts at the post office each year, explains, "We have found that cheerful music adds to the spirit of Christmas and

lights the spirit of those waiting."

Concerts come in all sizes: vocalists, harpists, flutists, pianists, ensembles, duets, trios, quartets, a cappella groups, children's groups, violin/piano duets, guitar/singers & jazz ensembles. Given the size of the venue, Linda says groups of 20 or less fit the bill best. Based on schedule and availability, musicians block their times in ½ hour- to 2-hour segments.

Performers bring in their own equipment, but an electric piano is always provided. Linda says, "Some performers bring their own background music while others have instruments backing them up."

Performers do not receive money for their service nor are they permitted by the USPS to sell anything in the building.

Linda is currently scheduling performers for time slots from December 2 - December 24, 9:00 a.m. - 5:00 p.m., Monday - Friday, and 9:00 a.m. - 1:00 p.m. on Saturdays. Performers are wel-



Photo courtesy of Julie Moody

Every year, volunteer musicians such as the Moody family dedicate a portion of their time to singing or performing Christmas songs at the post office. Pictured from left to right: Julie Moody, Liz Roehr, Jim Roehr, Shelly Moody, McKay Moody, Nathan Moody, & Reagan Moody.

come to schedule more than one time slot during the season if they wish.

Do you have a musical gift? Do you know someone with musical abilities who may consider sharing their talent during the Christmas season? If you or anyone you know is interested in volunteering and sharing your talent, contact Linda Hartmann at 480-844-9328 or email LindaKay678@gmail.com.

Henry W. Longfellow described the power of the carol in his poem, "I Heard the Bells on Christmas Day," as he wrote what the bells seemed to say to him one Christmas: "God is not

dead, nor doth He sleep."

Henry B. Eyring, Second Counselor in the First Presidency of the Church of Jesus Christ of Latter-day Saints, once taught, "The carols of Christmas remind us of our shouts of joy when we learned that we could come to this world and be given a Savior to redeem us." ("The Perfect Gift")

The season is upon us, and wild, sweet carols will weave thoughts of peace on earth and good will toward men into our homes, churches, cars—and even the post office. Wherever you are, Merry Christmas!

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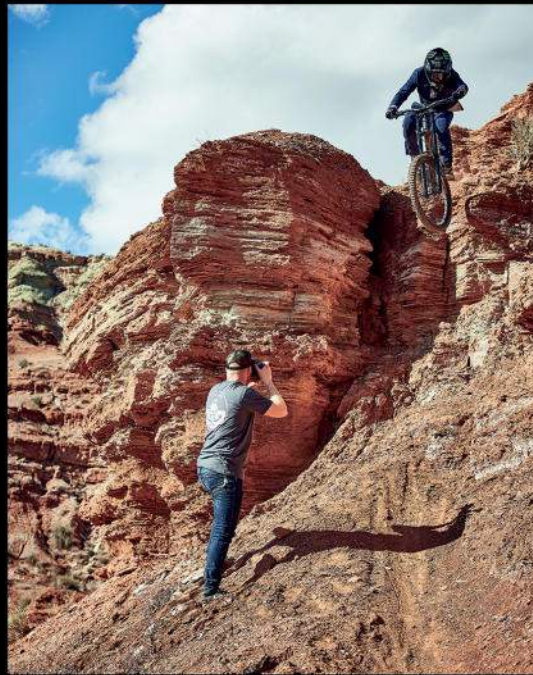
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PREP YOUR MISSIONARY

By Allison Beckert

Mission papers sent off? Great! Now what? There are plenty of things you can do to prepare spiritually, physically, emotionally, and financially while waiting for that all-important call packet. Check in with us for tips, tricks, and useful resources for preparing missionaries and their families.

Mission Preparation & Unexpected Delays

Many missionaries find themselves facing unexpected delays while working through the application process. With the more in-depth evaluation for prospective missionaries, it can feel like intense opposition. It's important to remember that, with the help of the Spirit, all trials will come out to our good. Delays in the application process are in every missionary family's best interest.

Some of the more common delays are related to a missionary's physical or mental health. Those who do not apply for missions rarely seek out such an extensive health evaluation at this point in life. Issues found now can be addressed before they become larger more difficult problems in the future. Ignoring what has been found in evaluations, or rebelling from medical recommendations, puts your wellness at risk and will not lead to a

fulfilling and healthy mission experience.

When working through a delay before mission service:

- **Exercise and work** to develop the Christlike attribute of patience. Fill time with worthy pursuits that further your life's goals, including developing communication or professional skills, taking short term employment, or enrolling in courses that develop your talents.
- **Cultivate gratitude** for the opportunity to address problems now that can often grow in difficulty without immediate attention. The focus of a mission should be healing others, not healing yourself. Anything handled before enhances your capacity to serve.
- **Heal** with the help of professionals and your support system, and make

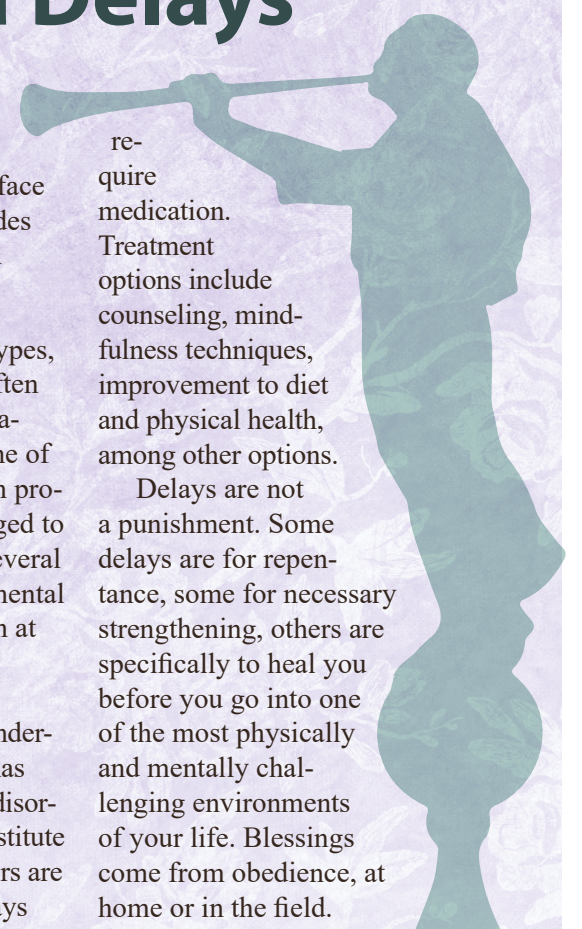
use of the tools, techniques, and instruction regarding your personal trial. We are not meant to face trials singly, and the Lord provides help, in obvious and unexpected places.

While delays can be of many types, some of the more surprising are often for reasons of mental health evaluations. Everyone is different, but one of the most common issues for which prospective missionaries are encouraged to seek counseling is anxiety in its several forms. This is the most common mental health challenge for the population at large.

For any struggling with a delay requiring counseling for anxiety, understand over 18% of the population has experienced some type of anxiety disorder in the current year (National Institute of Mental Health). Anxiety disorders are not a life sentence, and do not always

require medication. Treatment options include counseling, mindfulness techniques, improvement to diet and physical health, among other options.

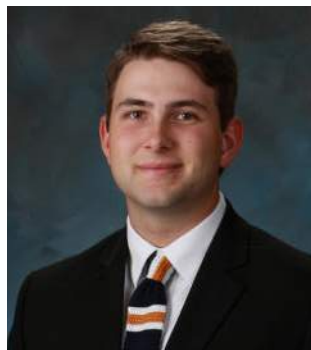
Delays are not a punishment. Some delays are for repentance, some for necessary strengthening, others are specifically to heal you before you go into one of the most physically and mentally challenging environments of your life. Blessings come from obedience, at home or in the field.



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A Charmed Life Awaits...

ACOYA MESA: A Novel Approach to Retirement Living

By Allison Beckert

New to Mesa Arizona, Acoya Mesa provides options and top-flight care for independent, assisted and memory care needs. Medical care is just the beginning. More than safety, calm and care, the staff and management have a higher focus. Acoya Mesa is poised to fulfill its vision of modeling enriched senior care and assisted living, promoting continued learning, arts and culture courses, and the highest quality experience on the market.

Cadence Communities, managing company for Acoya Mesa, was founded in 2016 and has already made its mark on the industry focusing on what matters—quality of life. Cadence Communities pride themselves on emphasizing personal creativity, connection and conscious well-being. As stated on their website (cadencesl.com), “What sets Cadence apart is the company’s devoted approach to health, wellness and creating vibrant communities that offer residents ex-

ceptional lifestyles...”

The design of Acoya Mesa and its property show this focus. Suites at Acoya come in several floor plans and are arranged in the building with windows poised for natural light. Full kitchen options are available, as are studio, one-, and two-bedroom options. In addition, Acoya Mesa is pet friendly!

On the main floor, residents have restaurant-style dining available with a standard and seasonal menu, served with all the frills of a night (or morning!) out. ENCORE Culinary Services at Acoya offers all-day dining, with upscale options for breakfast, lunch, and dinner daily. Menu items include seasonal ingredients, locally sourced when available, and featured items often have an international flair.

Self-care and entertainment are available in house as well. Included on site are a workout area with regular visits from a physical therapist, a social area and event space for regularly scheduled lectures and talks, and an art

room where instructors give full classes to interested residents. Nothing beats a day at the spa for feeling well. Acoya Mesa has a salon on site that provides manicure and pedicure services as well as hair service by scheduled beauticians.

The staff have a personal commitment to quality care. Executive director Wanda Tutelo spent her career in nursing and comes from a strong care background. In September’s newsletter message, she says, “I look forward to building a strong community and relationships at Acoya Mesa as well as providing exceptional customer service and life experiences.”

For those interested in learning more about Acoya Mesa, please visit AcoyaMesa.com. From there, schedule a tour, email management with any questions you may have, and review their available floorplans and amenities. If there are any specific needs to be considered, do not hesitate to bring them up. Check out their truly novel approach to retirement living.



Front Entrance

Photo by Acoya Mesa



The Pearl Dining Room

Photo by Acoya Mesa



Suite room

Photo by Acoya Mesa

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MY CHURCH

By Katherine Ogden

Service Is A Way of Life For Frank Lambert

Starting at a young age, Frank Lambert grew up learning to work and serve. "I grew up on a farm," says Frank, "so we were taught very early on not to be afraid of hard work."

Frank also grew up with an identical twin brother, Fred. When you ask him what it's like to be a twin, he says he doesn't know any other way to be. "There was always someone to rely on and confide in, there was always someone to support you," says Frank. "It was always a push and pull kind of thing with us, like 'come help me do this' or 'you need to do that, let me help you.'"

While on his mission in Spain, he witnessed more examples of service. One companion did not seem to be exceptional at first, or a very good speaker, but he was a doer and an example of service. As they tracked, Frank saw that his companion would take out a pad of paper and write down that a door at someone's



Photo courtesy of Robert Ogden

Frank Lambert helping out with clean-up.

home needed painting or that a yard needed to be cleaned up. Then, on

their preparation day, they would go back and serve by painting or helping clean up the area for them. The people were grateful and amazed. His companion continued to baptize and often had the highest conversion rate in the mission; this selfless service was a key to their success in their mission.

"I've tried to incorporate that philosophy into my own life," says Frank. "The other day, I noticed that my neighbors' gate was not hanging right, and I said, 'Hey, we're just going to come over and fix your gate for you, if that's okay.'"

Frank and his wife, Lisa, who teaches school in Gilbert, serve in the Mesquite Ward, Gilbert Stake. Their whole family were raised to be helpers and of service in society. He says his family taught the children that whenever they felt down in the doldrums, the best way to get out of it was to help and serve someone else.

"That's one of the reasons we got into the funeral home business," says

Frank, "because my wife and I wanted to be of service to others, especially in those difficult times."

Three of the Lamberts' children have served missions; their sons, Lee and Scott, served missions to Singapore and Brazil, respectively, and their daughter, Holly, is currently serving her mission in the Houston, Texas, area.

"I'm grateful for their example," says family friend Warren LeSueur, "His entire family are the first to give service and also moral support to anyone in need, regardless of religious affiliation, whether it's moving, yard cleanup, or being a friend and giving needed advice. I once told him I needed help at the car lot. Proudly, I said we would just make it work, but Frank and Scott came to help us anyway. He helped us out on a very busy day, when we were without enough workers. I admire how they selflessly give to friends and the community."

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COOKING *with the* BEEHIVE

By Rachael Fuller

Recipe courtesy of Thomas Keller — Ad Hoc at Home

Pie Takes Center Stage!

It is that time of year, full of family, friends, and definitely all the food. In our family, whether for Thanksgiving or Christmas, pie takes center stage. Every year I end up making about a dozen pies over the holidays. We make cherry, pumpkin, lemon meringue, chocolate, apple and anything else that tickles my fancy. One key to a great pie is a wonderfully flaky crust. A pro tip for pie: don't overwork your crust. It is not bread, and therefore you do not want any gluten development. Another key is keeping the butter cold and your crust chilled until they are ready to be baked.

This is my favorite crust recipe and is a crowd pleaser for savory or sweet pies. Enjoy baking!

Basic Pie Crust

Ingredients:

- 2 ½ cups all-purpose flour, plus extra for rolling
- 2 ½ sticks (10 ounces) unsalted butter, cut into ½ inch pieces and chilled
- 1 ¼ teaspoons kosher salt
- About 5 tablespoons ice water

Directions:

1. Combine the flour and salt in a large bowl.
2. Add butter and toss with flour.
3. With your hands or a pastry blender, work the butter into the flour. Keep working butter until there are no butter pieces larger than a pea.
4. Drizzle ¼ cup of the water over the top of mixture.
5. Using a fork, mix until the dough just holds together when pinched. If needed, add additional water.
6. Turn dough out onto a floured surface and knead until dough is smooth and butter is completely incorporated.
7. Divide dough in half, with one piece slightly larger than the other. The larger piece will serve as the bottom crust.
8. Shape dough into 1-inch thick discs and wrap tightly with plastic wrap.
9. Refrigerate for at least one hour or up to one day.
10. When ready to roll out, flour your work surface and rolling pin.
11. Roll dough out to a 13-14-inch round, about an eighth-inch thick.
12. Roll outward from the center, rotating the dough often and adding flour as needed to keep dough from sticking.
13. Fold dough and place in a 9-10-inch pie plate, gently easing the dough up the sides.
14. Roll out second dough using the same technique to a 12-inch round.
15. Place on parchment lined cookie sheet and refrigerate both doughs for 15 minutes.
16. Bake pie crusts according to filling recipes

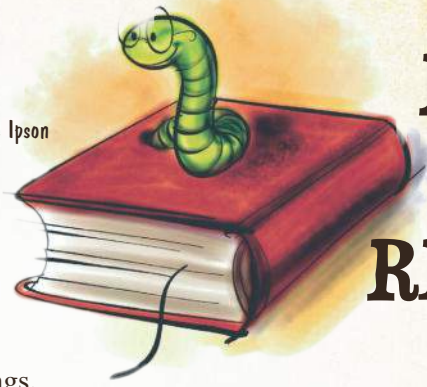


Lots of pies

Photo by Nick Fuller

Valley Authors Offer *Heartwarming Holiday Romance* in New Series

by Valerie Ipson



Beehive BOOK REVIEW

The *Christmas Frost* romances introduce us to the Frost sisters of Colorado Springs. Friends and confidants who support each other through the heartaches of life and love, they have been especially close since the death of their parents at Christmastime four years prior.

Four friends who are members of a weekly writing critique group in Gilbert joined creative forces to shape the characters and their heartwarming, romantic storylines.

Finding Joy, by Joyce Horstmann, tells the oldest sister's story. Joy is a widow with three little boys who is not looking for

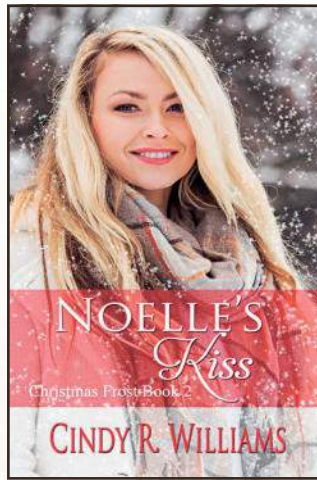


Finding Joy
Photo courtesy of Joyce Horstmann

love despite her younger sisters' pushy encouragement. She meets the charming Sean Summers, but ghosts from the past threaten a happily ever after.

Noelle's Kiss, by Cindy R. Williams, features the next sister in the family. Noelle's free from an abusive husband and content with the life she's created for her daughter until she meets Zave Trayce. He's a basketball legend with a bit of a reputation on and off the court, but soon he has Noelle wondering if she's brave enough to risk her heart again.

Holly's Heart, by Melinda Sanchez, introduces us to Holly, who's been stuck in the friend zone with Elam



Noelle's Kiss
Photo courtesy of Cindy R. Williams

Holmes since high school. They share everything, except the truth about their feelings. Maybe the holidays are the perfect time to break down barriers and move from friendship to love.

Chrissy's Catch, by Jeanie R. Davis, gives us the youngest sister's story. Chrissy was hit hardest by the death of their parents, and the holiday season only serves to heighten the pain. Enter handsome, "caramel-delicious" Decker, whom she meets on a work assignment. He may be the only one who can spark a flame of hope in her wounded heart.

Though each story

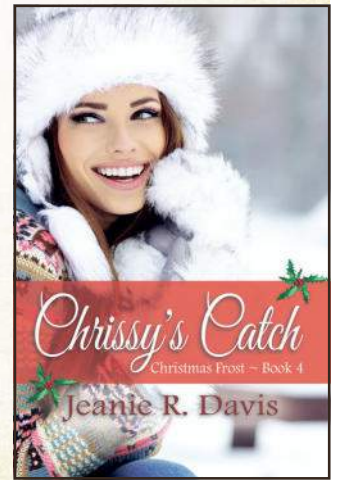


Holly's Heart
Photo courtesy of Melinda Sanchez

stands on its own, they also intertwine, meaning the four sisters appear in each novel. A mystery threads all the way through Book 4.

Follow the Frost sisters, Joy, Noelle, Holly, and Chrissy, as they find true love and discover once again the delights and magic of Christmas.

All four books are available at www.TheWildRosePress.com and on Amazon.



Chrissy's Catch
Photo courtesy of Jeanie R. Davis

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DEDICATED!

By The Arizona Beehive

The Gilbert Welfare & Self Reliance Facility of The Church of Jesus Christ of Latter-day Saints was dedicated on Friday, October 18, 2019. One of 125 such facilities world wide, this operation houses a Bishops' Storehouse, Home Storage Center, and Family Services Center. It is located adjacent to the Gilbert Arizona Deseret Industries building at 1697 E. Williams Field Road in Gilbert.

Bishop Gerald Caussé, Presiding Bishop of The Church, offered remarks and a dedicatory prayer. He was joined by Church, civic and business leaders as this remarkable building was dedicated to the work of The Lord in serving the temporal, spiritual and emotional needs of local Church members.

For more information: <https://providentliving.churchofjesuschrist.org>



The Gilbert Welfare & Self Reliance Facility.

Photo by Robin Finlinson



Bishop Caussé presides over the dedication ceremony.

Photo by Robin Finlinson



Photo by Robin Finlinson

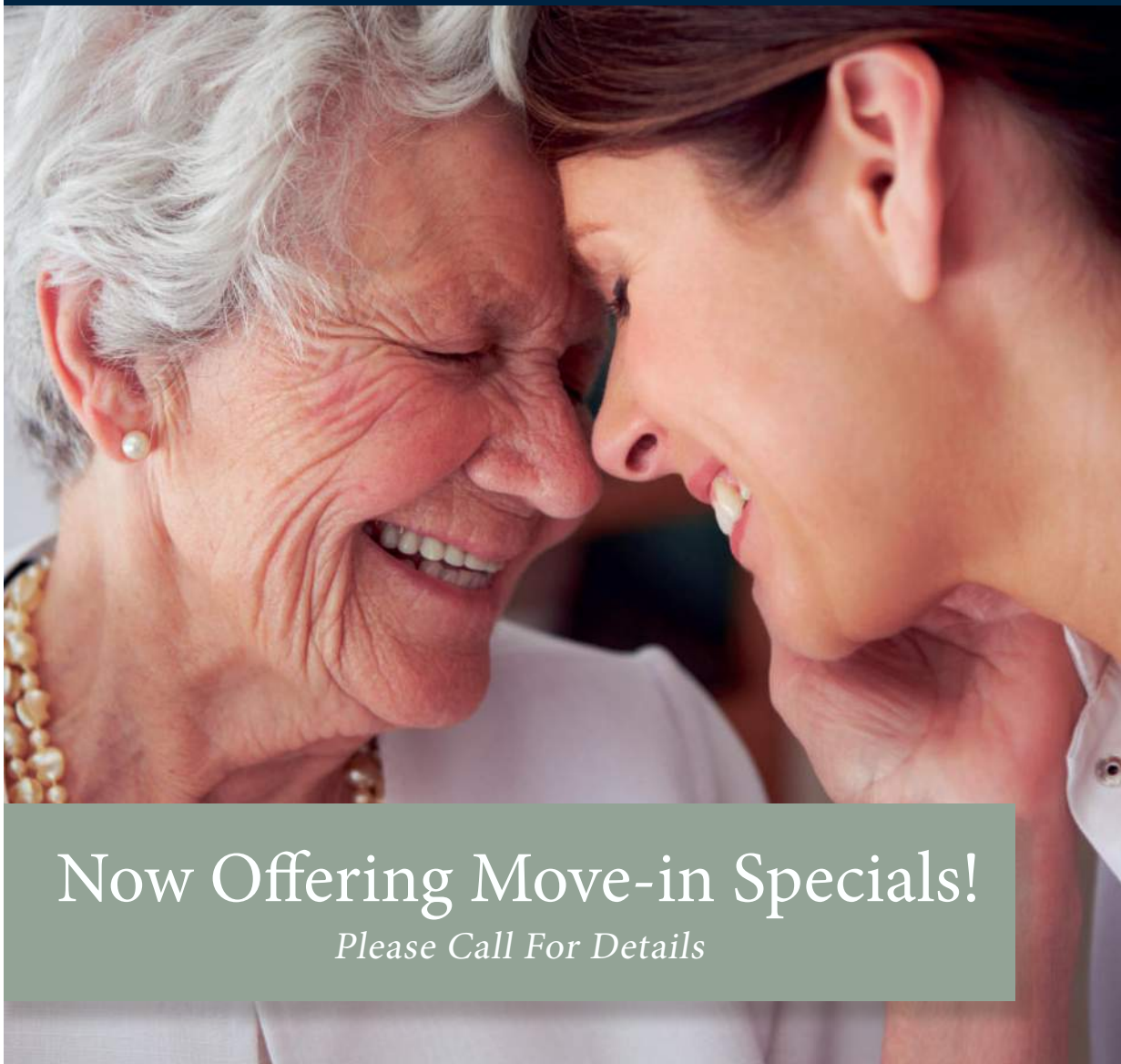
(Left to right): Sunshine Sawyer; Eric Sawyer (Director Gilbert Arizona Bishops' Storehouse); Presiding Bishop Gerald Caussé; Area Seventy Jon Schmitt; Area Seventy Karl Tilleman.



Bishop Caussé greets local Church, civic and business leaders.

Photo by Robin Finlinson

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F♥H♥E Corner

By Robin Finlinson

GROWING TOGETHER: IT'S ALL ABOUT THE SOIL

Pondering on that first Thanksgiving, I thought of the beauty of family and friends—old and new—sitting together for a meal that included food they'd grown themselves.

Family Home Evening is a good time to discuss how your family could participate in making the earth flourish with nutritious food—according to your amount of interest, space and time. Youth might set specific goals to propel your success. Here are ideas to consider, from simple to extraordinary, along with helpful tips.

- Purchase a pot of living herbs such as basil. A local grocer recommends keeping them in a spot of the kitchen with a cooler, consistent temperature. Another option is a soil-free herb/vegetable garden device with an LED light. It fits on the counter! My brother and sister-in-

law in Mesa are foodies who cook scrumptious meals most evenings with herbs grown this way.

- Three feet by three feet of earth can be enough to yield several edibles. Many vegetables sown in spring elsewhere require the coolness of fall or winter months to thrive in the Sonoran Desert. Peas, for example, are best sown here in January and February. Find sowing information about your favorite fruits and veggies on the back of seed packets.
- Want to socialize more with your neighbors? Gardening discussions are ideal between people of the same habitat. Voice your gardening goals. Inquire about their knowledge. Invite them to learn what you've discovered. See what interest there is in collaborating. One family might be fans of lettuce and carrots, while another



Photo by Chris Vermeer

Cherries grown in Chris Vermeer's backyard garden in Chandler.

might be delighted to host emerging green beans and cauliflower on their property. Plan a neighborhood smorgasbord! Grow closer together while tending the portion of the earth that you share.

I recently met an expert horticulturist that happens to live in my neighborhood. Chris Vermeer, who attends the Sun Valley Community Church, started his incredible backyard garden in Chandler five years ago. On his average-sized lot, he produces an enormous variety, including things Arizonans typically think cannot survive this climate. I've walked among the thriving papayas, mangoes and sugarcane!

Tips from Chris:

- "It's all about the soil," he says. Lay wood chips (or mulch) on top to insulate the soil from UV rays and keep it moist. Keep live seeds of some kind in the ground year-round.



Photo by Chris Vermeer

Strawberries grown in Chris Vermeer's backyard garden in Chandler. Wood chips protect the soil.

Mung beans are a great choice, as they fix nitrogen in the soil. It may take two years before your soil is prepared to offer abundant, delectable results, so start now.

- See online charts regarding companion planting. Having a diversity of edible and non-edible plants confuses bugs with the different scents so they won't destroy a whole crop. Put bugs to work instead. They'll help decompose dry plant parts that you've purposely dropped to the ground.
- For a fruit tree, "Snip off all the fruit when it's young. Let it get established in the area and strong for a year or two or it's going to put a lot of energy into the fruit instead of its roots and immune system."

Follow Chris on Instagram @thekindredforestaz.

It's Not About Dying

Hospice Nurse Learns the Amazing Backstory of a Remarkable Mesa Icon

By Lin Sue Cooney

When Bessie Medigovich visited her beloved patient, Wayne Pomeroy, shortly before he died in April, the Hospice of the Valley nurse had no idea the affable 98-year-old was a bona fide Mesa icon. All she saw was an extremely kind man and “very family-oriented person” adored by his four girls.

She didn't know the civic leader and fourth-generation Mesa resident had served on the City Council and as mayor from 1966 to 1980. Or that his Main Street store, Pomeroy's, has been a fixture in downtown Mesa since 1951. Or that he was active and widely respected in the Church of Jesus Christ of Latter-Day Saints. In fact, Pomeroy's is a “destination store” for church missionaries in need of suits, ties, shoes and other accessories.

Then there was his Air Force service during World Word II. Badly wounded flying on this 11th bombing mission, Wayne received both Purple Heart and Silver Star medals.

“We don't get the backstory. I had no idea!” Bessie said outside Pomeroy's, marveling at a bronze sculpture of Wayne that graces the front of the store. The artwork is part of “Sculptures in the

Street,” which Wayne created in 1999 to draw business to Main Street.

“He was the sweetest man. He was the nicest man!” Bessie said when she recently reunited with two of Wayne's daughters, Michel Fluhr, who owns the store now, and Lisa Bargery.

Lisa couldn't wait to thank in person the “wonderful young nurse” who went above and beyond to give them a positive experience during such a trying time. The 32-year-old Bessie is a “visit nurse,” helping with urgent needs and covering for other nurses when they're off. All nurses, however, play a critical role in hospice care: “We are the eyes and ears for the doctors,” Bessie said.

“At the end, our visits increase because patients need more support. With each encounter, I try to take in what's important to the family,” she said. For Wayne's family, “his comfort and peace were very important — and respect, of course.”

Lisa was blown away by how thor-

oughly Bessie explained “everything” to them, from how to administer medication to manage pain to what to expect in Wayne's final days. “I think you were there for 45 minutes to an hour,” Lisa told Bessie. “You helped him feel comfortable and put us at ease. It was so helpful, you were so calm.”

Lisa and Michel said Bessie prepared them emotionally, too. “We used to say he'd get better. He always rebounded,” Michel said of her dad, who worked every day until he was 93. His second-story office remains intact, filled with memorabilia from a life fully lived.

Wayne's great-grandfather, Francis Martin Pomeroy, co-founded Mesa in 1878. Serving the community was in Wayne's DNA. He always said, “This city did so much for me, I have to give

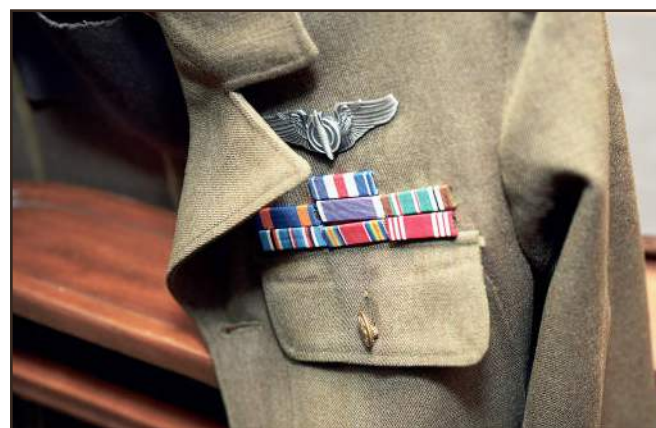


Photo courtesy of Hospice of the Valley

Wayne Pomeroy's World War II Air Force jacket remains on display in his office.



Photo courtesy of Hospice of the Valley

Wayne Pomeroy's daughters Michel Fluhr (left) and Lisa Bargery flank his Main Street sculpture (accessorized with a tie from the store). Also pictured, Hospice of the Valley's Bessie Medigovich, Wayne's visit nurse on his final days.

Continued on pg. 28

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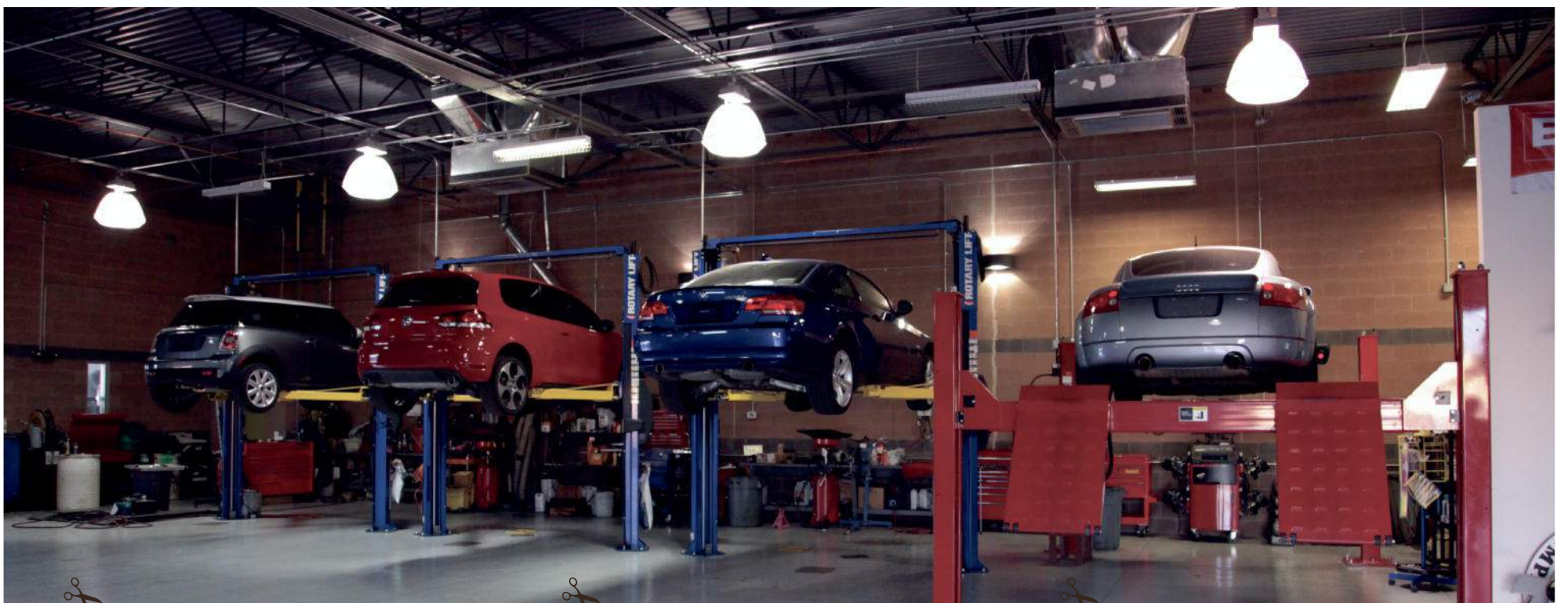
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Everyone Gets To Create Their Own Story

Finding Holiday Peace When Loved Ones Choose Different Paths

By Cindy R. Williams

Finding peace and comfort when a loved one has turned away from the Gospel can make the holidays extremely difficult.

“When a child has left the Church, you learn quickly it isn’t about me, my pride, or what anybody else thinks. It’s about how we react to our trial. It’s about trusting Heavenly Father,” says Donna, a mother of an inactive son.

“At first the relationship was strained, but then I prayed and received the answer that Heavenly Father is in charge and all I need to do is love my son and be accepting of him.”

Donna says, “My dear friend Lynda counselled, ‘Our children have their agency, and we can’t take that away. Everyone gets to create their own story. Heavenly Father knows what that story is. Think about how great their comeback story will be someday.’ This brings me so much comfort. The only control you have is how you react. I choose love.”

Lisa, mother of six, three of whom have left the Church, says, “Never give up! Live faithful, study the scriptures, attend meetings and the temple. The

Savior will give you a portion of His peace. This allows us to go about our everyday lives without being upset all the time. It’s important to pray about when to share and invite. The Lord knows when their hearts are open or closed.”

Jeff, father of an inactive returned missionary, says, “The scripture, Moses 1:39: ‘For behold, this is my work and my glory—to bring to pass the immortality and eternal life of man,’ teaches us that come what may, if we have faith in Christ, trials we and our loved ones face can prepare us for exaltation. He knows each of us and can bless us so these trials strengthen us.”

President Henry B. Eyring shared the following in his testimony during the April 2019 General Conference: “My promise to you is one that a member of the Quorum of the Twelve Apostles once made to me. I had said to him that because of choices some in our extended family had made, I doubted that we should be together in the world to come. He said, as well as I can remember, ‘You are worrying about the wrong problem. You just live worthy of the celestial



“The Sun and My Son” © Photo courtesy Planet Play Productions

kingdom, and the family arrangements will be more wonderful than you can imagine.’ I believe that he would extend that happy home to any of us in mortality who have done all we can to qualify ourselves and our family members for eternal life.”

Peace and comfort during the holidays and all year around are available if we choose to live by faith, not fear. Accept agency and the atonement and turn this heavy burden over to our Heavenly Father. Fortify yourself with good works. Love unconditionally.

Treated Like Family!

Cobblestone Dental Care Offers Comprehensive, Caring Approach

By Cecily Markland Condie

Less than a year since its opening, Cobblestone Dental Care has already built a solid reputation for its comprehensive, community-based and caring approach.

“The biggest thing that sets us apart is the overall care our patients get,” says Alex Wardian, DMD, who brought his expertise and style of dentistry to Gilbert and opened Cobblestone Dental Care in March.

Having obtained a Doctoral of Dental Surgery degree from the University of Washington School of

Dentistry, Dr. Wardian has taken advanced courses in root canal therapy, implants and treatment of periodontal disease, and has demonstrated his competency and passion for periodontal surgery and for providing cosmetic treatments, including veneers, crowns, whitening, gum management and bite management. Cobblestone also offers sedation dentistry, pediatric dentistry, extractions, invisible braces and emergency dental services.

“We do refer certain cases,” Dr. Wardian says, “but we keep things here in the office as much as possible. We bring in other specialists—and even dental anesthesiologists—as needed.”

He says patients like the continuity and familiarity that comes with this comprehensive approach. They also like that Cobblestone is “all-in” when it comes to putting their patients first.

“We are very patient-oriented,” says Dr. Wardian. “Caring for our patients comes first, so we always roll out all the options, and then we customize a treatment plan to what the patient wants.”

To assist their patients, Cobblestone also offers an in-house savings plan that, Dr. Wardian says, is “cheaper than out-of-pocket” costs, so is ideal for those who don’t have dental insurance.

He says the Cobblestone Dental Care location, at 1522 S Gilbert Road (northwest corner of Gilbert and

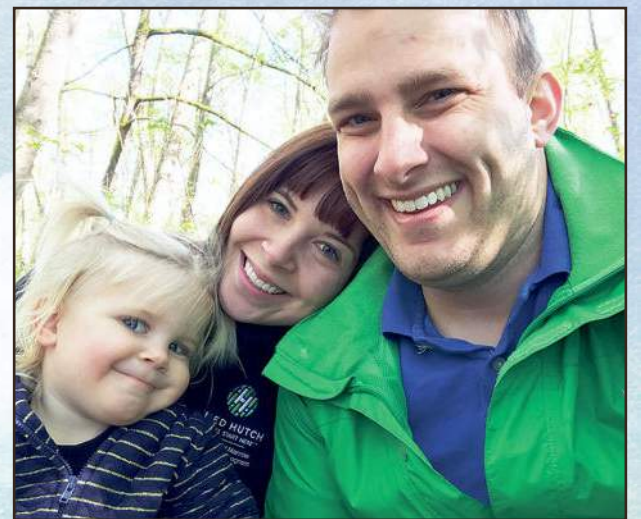


Photo courtesy of Dr. Alex Wardian

Newcomers to the Phoenix Metro area, Dr. Alex Wardian, who opened Cobblestone Dental Care in Gilbert, says he loves spending time with his wife and three-year-old daughter, getting to know the area, and finding ways that they can become involved in the community.

Ray), is also a plus, as it is near the Gilbert Town Center and convenient for residents from Gilbert, Mesa, Queen Creek, Tempe and other areas to have easy access or to “pop in after work.” Cobblestone Dental Care is open Mondays and Wednesdays from 9 a.m. to 6 p.m., Tuesdays from 7 a.m. to 5 p.m., and Thursdays from 7 a.m. to 3 p.m.

Dr. Wardian was born and raised in Spokane, Washington, and, after finishing dental school, built a successful dental practice which served the greater Seattle area for several years. Yet, as dedicated as he is to dentistry, he says his family comes first and he loves time with them and finding fun activities to do together. While he and his wife and 3-year-old daughter are newcomers to the desert, he says they have taken an “all-in” approach to learning about and getting involved in the community. They are members of the Chamber of Commerce and have sponsored a number of community events.

To contact Cobblestone Dental Care, call 480-900-8848, or email appt@yourgilbertdentist.com. For additional details, or make an appointment online, visit www.yourgilbertdentist.com.



Photo courtesy of Dr. Alex Wardian

Since its opening in March 2019, Cobblestone Dental Care in Gilbert, with Dr. Alex Wardian at the helm, has already earned a strong reputation for comprehensive care and a patient-friendly approach.



COME, JOIN US!

Annual Interfaith Thanksgiving Services

The mission of the Interfaith Thanksgiving Service is to promote understanding and respect among people of diverse faith through service, dialogue, music and the implementation of the Golden Rule.

Mesa's 8th Annual Interfaith Thanksgiving Service

Sunday, November 24th, 7:00 – 8:00 pm
LDS Chapel, 422 East University Drive, Mesa

Gilbert's 12th Annual Interfaith Thanksgiving Service

Tuesday, November 26th 7:00 – 8:00 pm
The First United Methodist Church of Gilbert
331 South Cooper Road, Gilbert

Each service will feature:

Three, three-minute speakers • Opening and closing congregational hymns
Invocation and benediction • Musical numbers of local choirs, together with duets, quartets and solos • Concluding remarks by Mesa's Mayor John Giles and Gilbert's Mayor Jenn Daniels.

Mesa's and Gilbert's Annual Interfaith Thanksgiving Services are a terrific way for Latter-day Saints to socialize with your non-member friends!

Music & The Message

Childhelp Ambassador Roosevelt Organizes Event To Create Awareness of Human Trafficking and Child Abuse

By The Arizona Beehive

President Gordon B. Hinckley once exclaimed that “We are living, my brothers and sisters, in the day of prophecy fulfilled. This is the greatest season in the history of the Church. There never before was a time like this... This is a wonderful time to be alive. It is a wonderful time to be a member of this Church.”

And at the same time, we are living in one of the evilest times in the history of our planet, which is also prophesy fulfilled. Two of the more insidious forms of evil are human trafficking and child abuse. Two organizations that fight these dangerous threats to our youth were highlighted recently at an event titled *Music & The Message*. Twelve-year-old Childhelp Ambassador and professional singer Roosevelt lead the effort to create this event by securing the talents of pianist, composer and producer William Joseph, and insights of author, speaker and survivor Elizabeth Smart. Held on the Mesa Arts Center stage, the purpose of the evening was to raise awareness of child abuse and human trafficking with musical performances, video presentations, and a keystone address by Ms. Smart.

One of the featured organizations built to combat these dangers was Operation Underground Railroad. OUR exists to eradicate child sex traffick-



Photo courtesy of Sherrie Nattrass

Back row, l to r: Jef Rawls, Cory McCloskey, William Joseph. Front row, l to r: Joseph Johnston, Yvonne Feddersen, Roosevelt, Elizabeth Smart, Sara O'Meara.

ing, and does so by partnering with governments and agencies worldwide. They infiltrate and ultimately breakdown sex trafficking rings, perform rescue operations, arrest buyers and traffickers, raise awareness, and support aftercare for survivors.

Also featured was Childhelp. Founded in 1959 by Sara O'Meara and Yvonne Feddersen, Childhelp exists to meet the physical, emotional, educational and spiritual needs of abused, neglected and at-risk children. They focus on advocacy, prevention, treatment and community outreach. Childhelp recognizes that child abuse is an American epidemic, with a new abuse referral being made every 10 seconds. The US loses an average of 4-7 children every day to child abuse and neglect. By adulthood, 1 in 8 Ameri-

can children will be confirmed by enforcement agencies as a victim of child abuse.

Fox 10's “Weather Guy” Cory McClosky, and JesterZ Improv owner Jef Rawls emceed a night of excellent entertainment and profound messages of awareness. Chandler Children's Choir, American Leadership Academy Queen Creek High School Dance Teams, and Chandler-Gilbert Community College Director of Choral Music and Vocal Studies Joseph Johnston all sang emotionally inspired songs, and gracefully danced across the stage. William Joseph performed on

his grand piano, including his patriotic anthem entitled “O, America.” Roosevelt inspired her audience with magnificent stage wear and incredible vocals.

Capping the evening, Elizabeth Smart shared her story of abduction, rescue, survival and triumph. Standing on stage with only a microphone and spotlight, she shared her experience and message of hope for those who've suffered as she did. Her message encouraged everyone “when faced with a trial, don't give up, don't surrender, and move forward. Because you never know the lives you will be able to touch!”

For more information and to get involved in preventing and stopping child abuse and human trafficking: Operation Underground Railroad: OURrescue.org, and Childhelp: ChildHelp.org

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It's Not About Dying Continued from pg. 24

back," Michel recalled.

Wayne met his wife, Cecil, at Mesa High School and they were married for 73 years. She died in early 2017 of Alzheimer's disease at age 93. That was the family's first experience with Hospice of the Valley. "They were fabulous," Lisa said.

When Wayne's health began to decline due to

heart failure, the family wanted the same compassionate care for him. Wayne continued to live in the house where he raised his children.

"It's not about dying," Lisa said.

Indeed, Hospice of the Valley believes it's about living every moment you have left. The not-for-profit hospice upholds a mission to provide comfort and dignity at end of life, while supporting the family and caregivers throughout the patient's journey. Many need help with important healthcare decisions or spiritual healing, so care teams include a social

worker and chaplain. Volunteers provide patient companionship and respite to caregivers.

Now, Lisa says, it's her turn to give back after Hospice of the Valley cared for both of her parents. She is eager to join the volunteer ranks and lend whatever support she can to the agency that has turned no one away since it was founded in 1977.

"We can't thank them enough," she said.

To learn more about volunteer opportunities: Go to hov.org/volunteer-opportunities, call 602-636-6336 or email volunteeropportunities@hov.org.



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Light the World is a charitable campaign sponsored by The Church of Jesus Christ of Latter-day Saints.

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Will you give a gift to help local families in need?





JUSTSERVE

Abounding In Good Works

St. Mary's Food Bank Helps Fight Hunger During The Holiday Season

By Hillary Jade Fevrier

In a world of diverse cultures, religions, ages, genders and more, there are a few things that unite us all. The satisfaction of basic needs, like water, food, shelter, and love, leads to feeling fulfilled while the lack of these things leads people to various degrees of unrest. Only those who have experienced the pain of not knowing where they might sleep at night or where their next meal might come from can truly appreciate the immensity of a friendly smile or a warm meal on their table.

St. Mary's Food Bank has been helping ease anxiety since 1967. As the first food bank in the United States, St. Mary's has inspired the creation of thousands of other food banks across the country and the world. St. Mary's distributes food to nearly 700 nonprofit partners. These agencies include food pantries, dining halls, homeless shelters and more. Volunteer Engagement Manager Jennifer Gonzales says that "St. Mary's is a charity that helps other charities."

All of the biggest names in Arizona food and grocery donate to St. Mary's, including Albertson's, Basha's and Safeway, and St. Mary's turns those donations into boxed meals, satisfying the need for sustenance in thousands of hungry people.

The blessings of the food bank would not exist without the help of hundreds of volunteers. On any given day, the organization needs upwards of 75 people to help pack the food into boxes and another 80 volunteers to distribute the boxes to the various recipients.

During the holiday season, a good meal enjoyed in the company of loved ones is a staple in most people's traditions. On the other hand, the absence of these things can be a harsh reminder of the setbacks in one's life. With food playing such an important role in

holiday celebration, the need for volunteers at this time of year is critical. St. Mary's volunteers help lighten the load, preparing and distributing a full Thanksgiving feast for their patrons every November.

With more and more people in need, the call for helping hands is louder than ever. The employees of the food bank promise a fun time for all volunteers, along with the opportunity to see the smile on the face of



Families in need can get a boost from St. Mary's.

Image courtesy of firstfoodbank.org

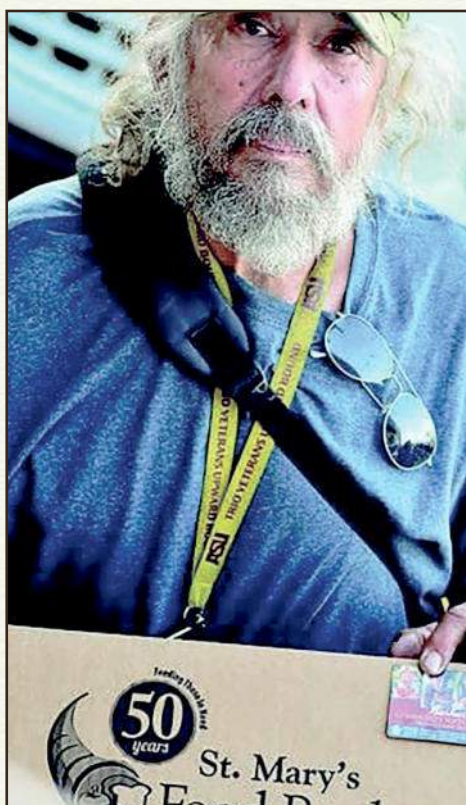


Image courtesy of firstfoodbank.org

Frank said he "might not have survived" without help from St. Mary's.

someone who knows where their next meal is coming from.

The holiday season is a perfect time to reflect on the blessings that have been granted to us and find ways to share those blessings with our neighbors in need. Volunteers at St. Mary's will get a special compensation for their labors, as we read in the Book of Mormon. If we will be "always abounding in good works, [we] may have everlasting salvation and eternal life." This holiday season, the opportunity to "abound in good works" is right in front of us, at a food bank named for the mother of the Savior, who is the reason for everything we celebrate this glorious season.

For a full list of locations and volunteer opportunities, please visit volunteer.firstfoodbank.org.

VALLEY TEMPLE SCHEDULES

Temples Now Allow Cell Phones in Temple Office to Print Family Ordinance Requests

A new Church policy now allows patrons to use cell phones and other electronic devices in the temple office for printing Family Ordinance Requests and family name cards.

Otherwise, cell phones and other electronic devices should be turned off and placed in a locker while workers and patrons are in the temple.

This information was conveyed to stake and ward leaders in the notice "Temple Policy Adjustments," dated March 1, 2019.

Mesa Arizona Temple

101 S. LeSueur, Mesa, AZ, 852014

(480) 833-1211

2018 Temple Closures

Sunday, May 20, 2018 - Thursday, December 31, 2020

Gilbert Arizona Temple

3301 S. Greenfield Rd, Gilbert, AZ, 85297

(480) 822-5000

The Gilbert Arizona Temple grounds will now be open Sunday and Monday evenings from 5:00 to 9:00 p.m. for individuals and families to experience the peace and holiness of the temple and to teach their children, grandchildren, and friends about the blessings of the temple. This opportunity will begin immediately and will be in addition to the availability of the temple grounds daily Tuesdays through Saturdays (except closures published on lds.org).

Services

Clothing rental now available, no cafeteria, no patron housing available

Distribution center: Inside nearby Deseret Book Store: 2894 S. San Tan Village Pkwy #103, Gilbert

Endowment Sessions

Tuesday - Saturday: Every 45 min from 5:30am - 7pm
Last daily session at 7:30pm

Spanish Sessions: Tuesday, 7:30pm; Saturday, 8:30am

ASL Session: 3rd Saturday of the month, 11:30am

2019 Temple Closures

Wednesday, November 27 - Thursday, November 28

Tuesday, December 24 - Wednesday, December 25

Tuesday, December 31

Phoenix Arizona Temple

5220 W. Pinnacle Peak Road, Phoenix, AZ 85310

(623) 474-9500

Services

No clothing rental, no cafeteria, no patron housing available. No distribution center nearby

Endowment Sessions

Tuesday & Thursday a.m.: 7:30, 8:30, 9:30, 10:30

Tuesday & Thursday p.m.: 4:30, 5:30, 6:30, 7:30

Wednesday a.m.: 6:00, 7:30, 8:30, 9:30, 10:30

Wednesday p.m.: 4:30, 5:30, 6:30, 7:30

Friday a.m.: 7:30, 9:00, 10:30

Friday p.m.: 12:00, 1:30, 3:00, 4:30, 6:00, 7:30

Saturday a.m.: 6:00, 7:30, 8:30, 9:30, 10:30

Saturday p.m.: 12:00, 1:00, 2:00, 3:00, 4:30, 5:30, 6:30

Spanish Sessions: Tuesday, 7:30pm; Saturday, 7:30am

ASL Session: 2nd Saturday of the month, 12:00 noon

2019 Temple Closures

Wednesday, November 27 (Limited Hours)

Thursday, November 28

Tuesday, December 24 - Wednesday, December 25

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